(c) 7-10 μm to target upper airways of the respiratory tract; and

further wherein aerosol volume inhaled is controlled along with free air volume inhaled prior to and following inhalation of aerosol; and

still further wherein aerosol particles are comprised of a polynucleotide and a condensing agent which results in condensing polynucleotide particles to a size in a range of from about 20 to 50 nanometers, thereby delivering the particles of aerosol to a targeted area of the patient's respiratory tract.

58. (New) The method of claim 57, wherein the particle size is adjusted such that the aerodynamic diameter of the particles is in a range of from 1-3 μm.

59. (New) The method of claim 57, wherein the particle size is adjusted such that the aerodynamic diameter of the particles is in a range of from 4-6 μm.

60. (New) The method of claim 57, wherein the particle size is adjusted such that the aerodynamic diameter of the particles is in a range of from 7-10 μm.

61. (New) The method as claimed in claim 58, wherein the aerosol particles are further comprised of a cationic lipid.

62. (New) The method as claimed in claim 61, wherein the cationic lipid is selected from the group consisting of DOTMA, DOTAP and DC-Chol.

63. (New) The method as claimed in claim 57, wherein the condensing agent is selected from the group consisting of protamine sulfate, polylysine, and combinations thereof.

64. (New) The method as claimed in claim 57, wherein the condensing agent is protamine sulfate.

65. (New) The method as claimed in claim 64, wherein the polynucleotide and protamine sulfate are present in a weight ratio of from about 2:1 to about 1:11.

66. (New) The method as claimed in claim 57, wherein the condensing agent is

dextransulfate.

67. (New) The method as claimed in claim 57, wherein the condensing agent is a polyamine.

68. (New) The method as claimed in claim 67, wherein the polyamine is selected from the group consisting of spermine, spermidine and putrescine.

69. (New) The method as claimed in claim 57, wherein the condensing agent is selected from the group consisting of poly-lysine and poly-ethyleneimine.

70. (New) The method of claim 57, further comprising:

adjusting the patient's inspiratory flow rate inside a range of about 0.10 to about 4.0 liters/second.

71. (New) The method of claim 70, wherein the flow rate is adjusted inside a range of about 0.2 to about 3.0 liters per second.